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"What I say unto you I say unto all, WATCH."—Jesus

AT HOME
AWAY FROM
HOME

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**Founded in 1898 by Mary Baker Eddy,
Author of the Christian Science Textbook,
*Science and Health with Key to the Scriptures***



Marca Registrada

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Christian Science Sentinel®

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"What I say unto you I say unto all, WATCH." Jesus

Keeping Ahead of the Weeds

BEVERLY BEMIS HAWKS

Anyone who has pulled weeds, growing profusely in dry adobe soil, knows it takes patience, persistence, and perseverance—and usually great effort—to get them out. But there is an alternative to doing it the hard way. We can exercise the very same qualities before weeds get tough and rank—patiently cultivating, persistently keeping the earth moist, and perseveringly removing weeds on a regular basis when they're tiny. Now, which is easier?

Much like weeding, keeping unhealthy or sinful thoughts out of human consciousness can either be done regularly or postponed till the accumulation of deeply rooted errors must be yanked up all at once. Most of us care about ourselves, but we may not be alert to the need to uproot harmful, mortal thoughts on a day-to-day basis and thereby progress spiritually. Some do this intermittently; others are interested in consistently maintaining spiritual growth.

What we need to defend ourselves from in daily life is not primarily people or situations.

In the *Manual of The Mother Church* Mary Baker Eddy instructs members of the Church to daily defend themselves against aggressive mental suggestion.¹ This is good advice for everyone. Doing so, each day we see a little better our real identity as spiritual and sinless and not subject to mistakes and punishment. We put out mortal, materialistic thoughts before they take over our consciousness.

Mrs. Eddy was not the first to require this kind of daily alertness, for Christ Jesus said, "If any man will come after me, let him deny himself, and take up his cross daily, and follow me."² Daily defensive work, or prayer, weeds out of human consciousness mortal thoughts that would hide true Christliness. Little by little it removes that which is ugly, unnatural, and useless.

It is on a day-by-day basis that we best maintain our spiritual growth. Inconsistency only makes it more difficult.

What we think about and do during each particular twenty-four-hour period determines our spiritual progress or lack of it that day. We can spend our twenty-four hours gainfully or wastefully, joyfully or hatefully, willingly or willfully, constructively or destructively.

Constructively, we may begin our day with the assurance of God's presence, of His power and love. We may consider the synonyms for God and their attributes, given by Mrs. Eddy, the Discoverer and Founder of Christian Science, in *Science and Health with Key to the Scriptures*. Our concept of God expands as we realize the very presence of all-knowing Mind, certain Principle, substantial Spirit, all-seeing Soul, unconfined Life, unrivaled Truth, and universal Love. Understanding man's inseparability from his source, God, we can know that right then every individual, as God's reflection, includes all the good that belongs to his Father-Mother and that the possibilities for good that day are unlimited. Aware of our relationship with God, we can defend our divine right to health, intelligence, happiness; we have the ability to think and live usefully, joyfully, freshly.

We can also know there is no such thing as a mortal mind, matter, mortality, disarrangement, death, error, or hate; that there is no real force to hypnotize us into cooperating with a suggestion of any of these. We are grateful to establish our day, our home, family,

church, and world, on good ground. And as we endeavor to adhere to what is right throughout the day, we will experience good.

Whatever challenges come, we are mentally prepared to meet them. Having early defended our mentality against aggressive mental suggestion, we are in a stronger position to refrain from reacting to suggestions of evil. Not only will we have a satisfying day, but we will have gained in eternal good. This day is one link in maintaining our continuous spiritual growth.

Either one is consistently lifting thought out of materialism or digging deeper into it, which eventually entails a harder pull to uproot the accumulation of fear, ignorance, or sin. Offshoots of these downward-growing tendencies—hatred, moodiness, impatience, worry, impurity—will sometime have to be cleared away.

Persistence in our daily defense brings radical changes in character. We can live with ourselves and others so much better, having pruned out some unwanted traits before they have gained control and choked spiritual growth.

Evil would sometimes have us think that someone else is the cause of our troubles. If this were true, our happiness would depend on how everyone else behaves. Then it might be a long wait before we could have it. However, in Christian Science one daily deals with evil in his own backyard, right at the gate of his own consciousness. He recognizes evil as evil—as impersonal evil. When animal magnetism, or evil thought, can find no way to personalize itself in one's consciousness, it has no claim to being whatever, nor can it act.

In the Bible one of the names for evil is the tempter; another, the accuser. One who defends his mentality against these suggestions finds out what Jesus meant when he spoke of the one evil, "When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it."³

Daily defensive work keeps us alert to our state of thought. When we recognize evil for what it is, "a liar," it cannot take us over. We disagree with it at every point.

Once, for three days in succession, symptoms of a cold appeared in the morning and were healed quickly each time. I realized this was no more than aggressive mental suggestion. It was even more apparent when the suggestion came, "Why don't you just have the cold and get it over with?" That night, although there was no

physical discomfort whatever, I felt I was taking quite a mental beating. Finally, I awoke out of a sound sleep, loudly and distinctly stating, "I will not agree with you!" The suggestion gave up, and I was free.

Daily defensive work increasingly strengthens one's resistance to evil suggestions. Before long, he recognizes it for the "liar" it is and proves it to be so in his experience. Evil is no more than a pitiful attempt to counterfeit good.

If all this sounds like work, it is. If it sounds as if it isn't easy to be a working Christian Scientist, it isn't. But as someone once said, "It is easier than not being one." Though Mrs. Eddy promises us much, not once does she indicate that a Christian Scientist can progress without consistent effort. She writes: "The weeds of mortal mind are not always destroyed by the first uprooting; they reappear, like devastating witch-grass, to choke the coming clover. O stupid gardener! watch their reappearing, and tear them away from their native soil, until no seedling be left to propagate—and rot.

"Among the manifold soft chimes that will fill the haunted chambers of memory, this is the sweetest: 'Thou hast been faithful!'"⁴

¹ See *Man.*, Art. VIII, Sect. 6; ² Luke 9:23; ³ John 8:44; ⁴ *Miscellaneous Writings*, p. 343.

HOMEMAKER'S JOURNEY

I am not bound
by daily tasks my hands must do;
my thoughts may scale
some mountainside of Truth
to seize the view.

And sing
to see God's love in everything.

HAZEL A. HATHER

Our Spiritual Listening

KENNETH STUART REDFORD

What's your efficiency rate for listening? According to popular thought, the average individual is said to operate on a listening efficiency level of under 50 percent. A great deal that is coming our way is said to be lost to us.

This may not be of great concern in many situations, but it gives us much to think about as we remember how often scientific prayer is a form of listening. "The intercommunication is always from God to His idea, man,"¹ says Mrs. Eddy. She also writes: "The effects of Christian Science are not so much seen as felt. It is the 'still, small voice' of Truth uttering itself. We are either turning away from this utterance, or we are listening to it and going up higher."²

Listening can be of key importance to our spiritual growth. At first thought, listening may seem to be more or less inactive. Yet so often it is found to be the first real step of action. The simple act of listening for spiritual truth can begin to lift us out of a limited, mortal sense of ourselves into the consciousness of God's unlimited, perfect creation.

What keeps us from this listening? Many things. A belief in some source of good other than God. A belief that we, not God, are in control of our destiny. Our spiritual listening is diminished in efficiency whenever we allow anything to get in the way of our willingness to see the will of God unfolded in our lives. We're kept from listening when we allow the chaotic, aimless emanations of materiality to take our attention or to open our thought to believe in chance, or even the possibility of chance; when we're distracted from the pure perception of God's allness and the perfection of His creation.

Listening to the one Mind for the spiritual facts draws our atten-

tion to concepts of genuine value, totally apart from personal sense. When we listen spiritually, we demonstrate our faith in the all-presence of divine Mind and its healing power. This, by itself, is an act of trust in the infinite oneness of Mind.

It's entirely natural for us to have the ability to listen at 100 per cent efficiency all the time. It's part of our makeup as the reflection of all-knowing Mind. As we open our thought to the voice of divine Truth and shut out what is unlike Truth, we begin to let in all that Truth is telling us. Truth is always present, ready to be heard.

As we know that the one Mind governing us governs all, we become more expectant and alert, ready to welcome fresh and new ideas expressed by those about us. We begin to discern the impartial patterns of Principle. We see more unselfish expressions of divine Love, signs of growth and expansion through the expression of Soul. Now we are really listening. Knowing that the one Mind is the source of all real thought, we're able to accept, understand, and appreciate whatever good is expressed by others. Likewise, we recognize the lying, misleading suggestions of evil, whether they shout or whisper. And by giving them no place to reside, we silence them.

As we think about it, we find that listening is much more than the perception of sound. It's receptivity to spiritual ideas, always emanating from divine Mind. Yet some have heard these messages as clearly as sound. Witness young Samuel, who, as he lay down to sleep, heard his name called. He supposed his master, Eli, was calling him. But "Eli perceived that the Lord had called the child." By responding to the voice as Eli instructed—"Speak, Lord; for thy servant heareth"—Samuel began to realize his mission in life.³

Christ Jesus, too, experienced something along these lines. The Bible tells us, "And Jesus, when he was baptized, went up straightway out of the water: and, lo, the heavens were opened unto him, and he saw the Spirit of God descending like a dove, and lighting upon him: and lo a voice from heaven, saying, This is my beloved Son, in whom I am well pleased."⁴

The ability to truly listen is found not in physical but in spiritual sense. It is secure in the divine perfection that man expresses. The

capacity for true listening is always with us; it is part of our eternal perfection. Our need is not so much to open our ears as to open our thoughts to the continuous, ever-present messages divine Mind is forever communicating to its idea, man.

¹ *Science and Health*, p. 284; ² *ibid.*, p. 323; ³ I Sam. 3:8, 9; ⁴ Matt. 3:16, 17.

Mind Is All-action

FABIA BIRD

What comes to thought when we think of action? Do we view it humanly as mechanical movement or do we see it spiritually as infinite, all-inclusive divine knowing?

True action is a product of one infinite God, divine Mind. It is the expression of God knowing Himself as infinite good, eternally harmonious. Therefore God originates all action, and it is wholly good. The divine action is expressed in man in such qualities as completeness, unselfed love, spiritual understanding, and the substance of this action is always spiritual, never material.

Matter is never the source of true action, nor is it a means or condition for action. Divine intelligence is the only cause and mode of activity. The spiritual universe is the only real universe, the only genuine state of being. It includes no matter, is never encased in matter, but is the evidence, or reflection, of God's being.

At various times in her writings Mrs. Eddy refers to God as the All-God, the All-Father, the All-Mind, the All-presence, and the All-power. She says, "The master Metaphysician understood omnipotence to be All-power: because Spirit was to him All-in-all, matter was palpably an error of premise and conclusion, while God was the only substance, Life, and intelligence of man."¹ Since

there is just one God, one Mind, one presence, one power, God has to be All in every instance. And this means there is only one source of action, the divine omni-action.

In *Science and Health* Mrs. Eddy asks, "If Mind is the only actor, how can mechanism be automatic?"² Mind, God, who is all good, is the only source and expresser of action. This action is infinite intelligence and all-harmonious being. Then there can be no multiple, finite, self-existent material sources acting of themselves. Mind-action is God knowing Himself and including man as the expression of this knowing.

The perception that God is the only Mind, is our Mind, and that He has complete control of our being, acts as a law of harmony to adjust any situation that may appear as discordant material mechanism or supposed physical law.

I proved in two contrasting ways that Mind-action overrules the action or inaction of material mechanism. The first instance occurred while I was driving on a main highway. Suddenly billows of steam and smoke started pouring out of my car, and it was three miles to the next exit. I immediately turned to Mind for guidance in the midst of suggestions of fear and alarm urging me to stop. The thought came that God's action is complete and takes us the whole way. I slowed down and kept going, although the engine was threatening to stop at any moment. I refused to accept any suggestions of fear or limitation and mentally turned away from the material evidence. I allowed nothing but God's allness into my consciousness, a sense of His perfection and completeness of protection. I unceasingly affirmed the all-action of good. In spite of almost total malfunctioning of the accelerator and engine I was able to drive the necessary distance to a service station. The moment I drove onto the station platform, the engine went dead.

Another brief experience showed quite a different view of Mind's action. While driving to a Christian Science lecture, for which I was expressing a great deal of gratitude, I had to stop at a busy intersection for a red light. When the light turned green, I immediately started across, but my car stalled abruptly and stopped short. That same instant a car coming at full speed from behind cut close in front of me. If my car hadn't stalled and stopped, the other vehicle would have gone with full force directly into my side of the

car. My gratitude, or consciousness of God's ever-presence, had acted as a law of harmony. Chance and accident had been overruled by a higher law of constant good.

Mind's action does not know stopping and starting, coming and going; it is the constant ever-present *being* of harmony. Material mechanism as a power in and of itself is annulled by the law of Mind. In the first situation the car kept going when to all appearances it should have stopped. In the second instance it stopped short when mechanically it should have kept going. As we eliminate fearful and limiting suggestions from our thought and affirm the continuing presence of God, we bring the law of harmonious action to bear on the human situation; we demonstrate true action—the divine ever-presence.

Even if matter seems to be acting automatically as a discordant car, body, or home, we can know that matter is the outward evidence of mortal, matter-based thinking and does not originate action to present a wrong condition. The only actual condition or state of being is God's ever-presence, which is infinite harmony, the law of infinite good, and man as God's reflection expresses that condition.

Christ Jesus said, "Lo, I am with you alway, even unto the end of the world."³ Commenting on Jesus' words, Mrs. Eddy writes, "'Lo, I am with you alway,'—that is, not only in all time, but in *all ways* and conditions."⁴ We can instantly prove there is no condition outside the harmonizing action of God and His Christ.

¹ *Miscellaneous Writings*, p. 200; ² *Science and Health*, p. 399; ³ Matt. 28:20; ⁴ *Science and Health*, p. 317.

*For who hath known the mind of
the Lord? . . . For of him, and through him,
and to him, are all things.*

Romans 11:34, 36

Joy Is Now

MABEL M. SCHULZ

We must guard against the suggestion that joy is a variable or illusive quality.

A hymn includes this thought: "Weeping may endure for a night,/But joy cometh in the morning."¹ These beautiful lines should never suggest that tears are a forerunner, or even a competitor, of joy. A study of Mrs. Eddy's definitions of "night" and "morning" in the Glossary of *Science and Health* makes it clear that sadness can endure only so long as our thought abides in the darkness of doubt and fear, and that joy is coincident with our turning to the light of Truth. Such turning is of course possible at any moment.

Why should joy be considered less constant than other God-derived qualities? Many moral individuals, whether instructed in Christian Science or not, think of honesty as natural and enduring. They do not think of it as fragile, or fear that they may lose it or that circumstances may rob them of this prized possession. Yet these same individuals may think of joy as precarious.

One who understands his true spiritual identity as the very image of God knows that joy is inseparable from his true being. As he bears witness to this truth, joy shines out in his every activity. As we claim our sonship with God, we can demonstrate health, wholeness, and joy.

The permanent, unfluctuating nature of God's bestowals is set forth in this biblical verse: "Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning."² A thorough understanding of this scripture breaks the mesmerism of depression and annuls the belief that joy is a will-o'-the-wisp thing. Claiming as Christ Jesus did, "I and my Father are one,"³ we are

healed of sadness, which is but the outcome of ignorance of God's ever-presence.

One unacquainted with Truth may say, "My joy will return when this harrowing experience has passed," or, "I will be happy again when my grief has worn off." This is not the Christianly scientific approach. Do we wait for a fever to subside and other physical symptoms to disappear before claiming our God-given health? Indeed we should not! We should deny the discordant symptoms and affirm health in the face of apparent disease. As we bring our thought into line with the truth of being, health—which was present all along—becomes apparent.

In the same way we can and must claim joy as a constant, inexhaustible gift of God. True joy does not depend on the presence or absence of a human personality. It does not depend on locality or material circumstances. True joy results from the clear realization of our unseverable unity with God, divine Love.

A study of Mrs. Eddy's writings turns up many enlightening statements about joy. She says, "Joy is self-sustained"⁴ and, "... joy cannot be turned into sorrow, for sorrow is not the master of joy."⁵

If you have been lulled into the apathy of believing you will be happy again when circumstances improve, your answer to this lie is at hand. Be instant, vigorous—and yes, even joyful—in your rebuttal. You have divine authority for denouncing and rebuking personal sense. Know without a shadow of doubt that you can no more be separated from your God-given and God-sustained joy than you can be separated from God, who is Life.

Joy is *now*. Joy is forever a glowing, flowing, ongoing gift of God, your loving Father. Don't delay. Claim invariable joy now!

¹ *Christian Science Hymnal*, No. 425; ² James 1:17; ³ John 10:30; ⁴ *Miscellaneous Writings*, p. 209; ⁵ *Science and Health*, p. 304.



The Right Spirit

Constance Harned Wise

Ann hurled herself out of the pool and ran out of the gate to meet her mother. She was almost nine years old and felt pretty grown-up most of the time, but today she was close to crying.

"He's so mean—nobody likes him, and he yells so loud it scares

me—I don't want to swim anymore. Do I have to?" This came in one big breath as she jumped into the car beside her mother.

Her mother was surprised because Ann had always loved her swimming and worked hard at it.

"What's the matter, Ann? I've never seen you like this before. I thought you liked all the kids and had fun at the workouts."

"It's not the kids—it's the coach. He yells at us all at morning practice, and then he yells at us when he's lifeguard in the afternoon. Swimming just isn't fun anymore." She slumped down in a corner of the seat with Heidi, her little dachshund, nuzzling up beside her.

Her mother said, "You don't want the way you're feeling about your coach to spoil something you really love to do." But Ann just wouldn't listen.

After lunch Ann and Heidi went outside and curled up in a deck chair. Ann had some thinking to do. She attended a Christian Science Sunday School and knew what her mother meant about bad feelings spoiling something good. In a way she could see it was her thoughts of another person, and not what the person did, that caused the trouble. She knew that we all really are children of God and reflect His goodness. Her Sunday School teacher had explained that it was like looking in a mirror—our reflection does everything we do. All God's children reflect Him. So we have to learn to think of everyone as they really are—as Godlike—not as they seem to be.

Mother came to the door and said, "I have an idea—would you like to call your Sunday School teacher and talk this over with her?"

Ann jumped right up, "Oh, yes! I'd like to do that." And she ran into the house to the telephone. It was always good talking to her teacher—she'd give her ideas that would help. Ann rang her up and told her about the trouble.

Her teacher said, "I wouldn't have a swim coach like that."

Ann said, "You mean I should have another coach?"

"Well," her teacher replied, "I sure wouldn't have your coach."

Ann thought for a minute, "There isn't another coach I could

have. I guess I'll just have to quit the swim team." There was a silence for a minute or two, and then Ann spoke again in an excited voice, "Oh, I know what you mean. I don't have to change coaches. I just have to change the way I feel about the one I have."

When it came time for swim team practice the next morning, Ann hurried into her swimsuit, grabbed a towel, and soon she and her mother were driving along in the car.

"You know, Mom," Ann said, "you and my teacher are right. I'm not going to let a lie spoil my fun. Nothing can stop me from seeing God's love all around me. I know better than to believe a lie—I just forget sometimes. That's what the Bible verse we learned the other Sunday means, isn't it?—'Create in me a clean heart, O God; and renew a right spirit within me.'"¹

Her mother nodded. "You can renew a right spirit at the pool, then, can't you?"

Ann thought about it. "Well, I can decide to believe only in God's love even if the coach yells or if anything else seems to go wrong. I can know that's no part of God's child. Divine Love is everywhere all the time—right there at the pool, too." Just then they drove up to the pool, and Ann hopped out. As she turned to wave good-bye, her mother saw a big smile on her face.

Since Ann had decided not to believe in the false picture of man and see only God's man, that's what she saw. Now she was ready and willing to see the real man.

Mrs. Eddy says, "Let Truth uncover and destroy error in God's own way, and let human justice pattern the divine."² That's just what happened. The coach started to yell a couple of times, but not very loud—and then he didn't even want to anymore. They all had fun swimming and worked hard and won their share of meets that summer. Ann was extra happy because she knew *why* she had had such a happy time.

¹ Ps. 51:10; ² *Science and Health*, p. 542.

Mary Learns a Lesson

Margaret Mitford Seeley



Mary's school was in London, about ten minutes walk from Kensington Gardens, where the girls sometimes played hockey or netball on the grass opposite the Royal Albert Hall. Once a week they could travel by bus to some large playing fields a few miles outside

central London. It was fun to have so much space to play in away from the noise of the city traffic. So Mary was particularly excited one summer term to be going with a small party of girls to spend a week on a farm in Kent, where they would study the local geography and learn about the birds, flowers, and trees on that part of the North Downs.

The farm was in the middle of beautiful country, and sometimes the girls played rounders or some other ball game in a nearby field. One evening when Mary was running round the field, she fell down on the rough ground, twisting her ankle in a hole. It soon started to swell and become very painful, and she was unable to walk on it.

Mary had attended a Christian Science Sunday School since she was six years old, and she knew that the ankle could be healed by her turning to God in prayer as she had been taught. She was very glad that one of the teachers in charge of the party was a Christian Scientist, who let her sit in her room quietly to read an article in the *Sentinel* and to pray.

However, the next morning Mary found that her ankle was no better, and two of her friends had to help her limp down to breakfast. Mary rather enjoyed the fuss they made of her. During the meal the teacher asked her if she had remembered to study the Lesson-Sermon from the *Christian Science Quarterly*, and she admitted she hadn't. Her mother had packed Mary's Bible, and *Science and Health* by Mary Baker Eddy, with a copy of the *Quarterly*. When she was at home, it was natural for her to read one section of the lesson each day before setting off for school. But this was the first time she had been away from home for a whole week, and she'd quite forgotten about studying. There'd

been such fun with the other girls, it seemed to crowd out her usual quiet time at the beginning of each day when she could turn her thoughts to God.

Immediately after breakfast Mary returned to the room she shared with two of her friends and sat down to read the first section of the lesson for that week. As she read from the Bible, she was thrilled to see that every citation mentioned the word "feet," and in particular she enjoyed the following verse from Isaiah: "How beautiful upon the mountains are the feet of him that bringeth good tidings, that publisheth peace; that bringeth good tidings of good, that publisheth salvation; that saith unto Zion, Thy God reigneth!"¹ She was filled with gratitude for the healing messages, which seemed to be written just for her at that moment, and by the time she had finished reading from *Science and Health* she found her ankle was healed!

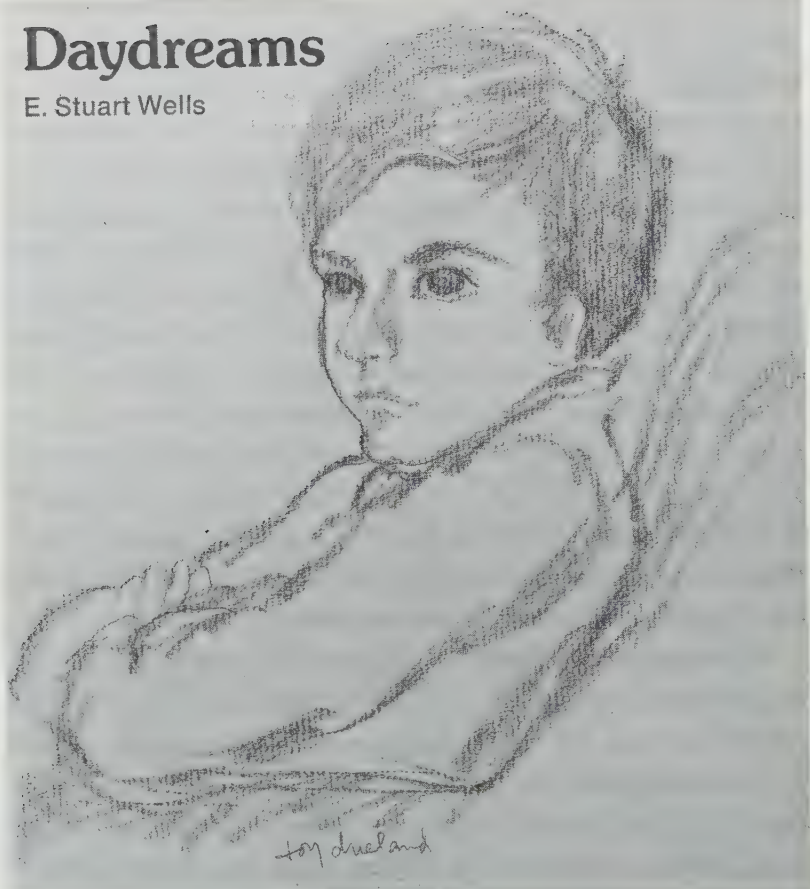
This was proved during the day, when she walked with the rest of the party more than a mile to the bus stop. They rode into the local market town and spent a happy time walking around the county museum and photographing some of the lovely old buildings. How grateful she was that she hadn't had to stay behind!

So, Mary came to see that reading the Lesson-Sermon the first thing every morning was for her just as much a necessary preparation for the day as having breakfast. The spiritual ideas she found from this study gave her what she needed for the day. As Mrs. Eddy tells us: "God gives you His spiritual ideas, and in turn, they give you daily supplies. Never ask for to-morrow: it is enough that divine Love is an ever-present help; and if you wait, never doubting, you will have all you need every moment."²

¹ Isa. 52:7; ² *Miscellaneous Writings*, p. 307.

Daydreams

E. Stuart Wells



Dan wasn't a likable youngster or a happy one. Other children didn't care for his language or the kind of stories he told. They found him loud, deceitful, and cowardly. And they tried to stay away from him.

Dan wanted to feel good, to feel important and appreciated, so he daydreamed. He didn't take alcohol or drugs, but he escaped to a make-believe world almost as habit-forming. He turned off everything he didn't like, and in his dreamworld he was always right, always the hero.

Dan's parents went to Christian Science Sunday services regularly and he spent that time in Sunday School. There he could have learned about his God-given qualities, but he turned the teacher's voice off. The whole family read the weekly Bible Lesson¹ aloud together once each week, passing the books around and reading in turn. One would read the Bible, and another *Science and Health* by Mrs. Eddy. But Dan paid attention only when it was his turn to read, and not always then.

His school grades were poor, but he picked up reading quickly and read rapidly. His favorites were those books and magazines that excited him. Gradually this changed to what stirred him sensually. He remembered whatever gave him the biggest sensual kick, and he stored this up in his dreamworld. So, as he grew up, his dreams were filled more and more with animality.

His parents worried about Dan, but they had their own problems with an unhappy marriage. As for Dan, well, they just thought he wasn't very bright. If they had guessed that he was dreaming, they probably would have said a boy's dreams are harmless. They didn't understand that Dan's dreams were warping his morals and interfering with his ability to think constructively.

Mrs. Eddy says, "Good demands of man every hour, in which to work out the problem of being."² Dan wasn't working out his problems; he was trying to escape from them and seeking pleasure where there could be no real happiness.

Then, as he started high school, Dan's parents were divorced. This drove him still deeper into his dreams. Failing badly, he dropped out of school. Then he found he couldn't hold a job, either. Because he wouldn't try to tell right from wrong, no one wanted him around—boys, girls, or adults. He grew so ashamed of himself that he left home.

Alone, hundreds of miles away, he turned to his remaining source of comfort, the Christian Science textbook, *Science and Health*. He was alerted with these words of Mrs. Eddy's: "Take possession of your body, and govern its feeling and action. Rise in the strength of Spirit to resist all that is unlike good. God has made man capable of this, and nothing can vitiate the ability and power divinely bestowed on man."³ He could see his need to do this. But how?

Well, first he could catch himself dreaming about sensuality,

then make himself admit that it was just that: an empty dream, a desire to escape. Tracing the dream back to the false sensual drives that launched him on the trip, he could see their foolishness. Next, he could assert his self-control as an expression of God, divine Mind, who controls all.

It was a start. He continued his study. He rejected the view of himself as a helpless addict to daydreams.

After a while Dan had got himself enough in hand to return home. There he found on the wall of his dad's bedroom these words of Mrs. Eddy's written on a card: "Beloved Christian Scientists, keep your minds so filled with Truth and Love, that sin, disease, and death cannot enter them. It is plain that nothing can be added to the mind already full." ⁴ It held his attention because he'd been studying a similar passage in Revelation in the Lesson-Sermon for that week: "And there shall in no wise enter into it any thing that defileth, neither whatsoever worketh abomination, or maketh a lie." ⁵

Now *there* was a definition of his daydreams. What he had to do now was to fill his thought with Truth, the remedy for deceit, and with Love, the opposite of sensuality and selfishness. He must come to understand the image of God that he really was.

Dan worked at it. As he dwelt on what was true, loving, and pure, he found the sensual, dishonest, and the ugly dissolved. He felt free, as spiritual joy replaced his former quest for sensual kicks.

He went back to school and his grades improved. He went out for sports, sang in the glee club. Others began to accept him—at last he belonged. His sensual dreams with their bait of escape and satisfaction were exposed as false and corrupting. They faded until dreams no longer dominated his thought.

The switch from personal pleasure to spiritual joy wasn't easy or quick for Dan. But he's grateful for the way his parents and others kept encouraging him. They had given him a background of Christian Science to turn to when he was ready to come to himself. It was, he says, as if he had become exhausted swimming in choppy water. When he put his feet down hoping to touch bottom, there it was—a really good feeling!

¹ In the *Christian Science Quarterly*; ² *Science and Health*, pp. 261-262; ³ *ibid.*, p. 393; ⁴ *The First Church of Christ, Scientist, and Miscellany*, p. 210; ⁵ Rev. 21:27.

Don't Forget It!

Betty Jane Thorne



toy chivalry

Did you put on your space suit today? Moon explorers wear space suits to protect them, like armor. You've read about King Arthur and his knights who rode forth centuries ago with their armor on. They wouldn't go far from home without their armor. There are all kinds of armor. In the Bible Paul says we should put on "the breastplate of faith and love."¹

The Bible tells us the giant, Goliath, wore a metal breastplate. It was a vest of mail—which meant it had metal scales like fish scales. But it didn't really help him. David, the shepherd boy, wouldn't wear this type of armor when he fought Goliath. What he wore was stronger than Goliath's breastplate of mail. He was clothed in God's protecting armor. His thoughts were pure. In the Christian Science Sunday School we have learned that our real armor—just like David's—is God's love.

Before you go out to play or go to school, you put your clothes on in the morning. If you live where it's hot, you have to put your shoes on because they protect your feet from the hot sidewalk or hot sand. If you live where it's icy and snowy, you also wear your coat and hat outside to protect you from the winter wind. But most important of all—when you put on your clothes, put on your armor of Love, too. It's not hard to do. Be still and know you are God's child and His love's all around you, all the time. It belongs to you, making you love as God does. You can't ever be outside God's love, because God *is* Love. Knowing this is putting on Love's armor.

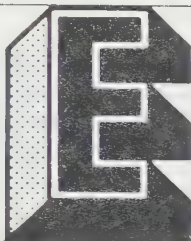
God's love is the strongest armor there is, and this love protects you. There's a beautiful hymn that begins:

I walk with Love along the way,
And O, it is a holy day.²

Dressed in the armor of Love, you know that all day long you can meet only God's love everywhere.

¹ I Thess. 5:8; ² *Christian Science Hymnal*, No. 139.

Editorials



GEOFFREY J. BARRATT
Editor

NAOMI PRICE
Associate Editor

NATHAN A. TALBOT
Associate Editor

Following the Trends of Truth

Trend watchers can become so preoccupied with movements in economics, fashion, politics, that they can play a part in reinforcing some valueless thrusts of human thought. Fascinated by polls and new directions, they may add to the possibilities of today's predictions becoming tomorrow's events. Some trends have value. Others not. We can support the former and be defended against the latter by being more attentive to spiritually scientific facts.

The mental nature of human experience is disclosed by Christian Science. And the more we grasp the primacy of thought in relation to human action and events, the more alert we become to watch the tendencies of our own thought. We don't have to be swirled around in the eddies of mortal belief. We can instead associate ourselves with the currents of Truth.

Worthwhile trends are those indicating the currents of spirituality. Having their impetus in divine Spirit, God, these lift mankind above the valleys and plateaus of material consciousness. Then the power of spirituality is seen not merely as overwhelming some supposed force of materialism but as the only power.

An epidemic of disease indicates an unchecked trend of mortal belief. We can contribute to frustrating such occurrences by realizing that trends of mortal belief and fear can never converge to a disaster point.

In the omni-act of Life, God, such movements can never get going at all. It's spiritual currents that relate to the real man. Matter-man, a physical universe, material evolution, and temporal history are not real phenomena. Spiritual man and creation are. Mary Baker Eddy says: "Spiritual phenomena never converge to-

ward aught but infinite Deity. Their gradations are spiritual and divine; they cannot collapse, or lapse into their opposites, for God is their divine Principle. They live, because He lives; and they are eternally perfect, because He is perfect, and governs them in the Truth of divine Science, whereof God is the Alpha and Omega, the centre and circumference.”¹

We needn't be helpless observers of disturbing trends in our career, community, church, business, or the world at large. We can, on the contrary, deal confidently with these movements. We are not uncontrollably afloat, like a balloonist subject to air currents, but are under the direction of divine Principle.

So long as we believe matter real and Spirit either remote or nonexistent, we may seem to be carried off toward trouble. But we are directors of our own thought. And Christian Science shows us how to conform our thought to divine law and divine good.

A preeminent example of dealing with negative and destructive trends is the life and works of Christ Jesus. He proved we need never feel we're carried along hopelessly on streams of trouble. Mrs. Eddy points out, “Jesus taught us to walk *over*, not *into* or *with*, the currents of matter, or mortal mind.”² And the Master's teaching is as valid and potent now as it ever was. He didn't believe man to be a mortal drifter, swept this way and that, directionless, separated from God. The Science of Jesus' success is clearly pointed to in his immortal affirmation, “I and my Father are one.”³

Christian Science explains in terms apprehensible today *why* and *how* we can make the same affirmation of unity with God with increasing certainty and practicality. This coherent and logical Science teaches that God is eternal Principle, and man, His idea. *Science and Health with Key to the Scriptures*, as well as Mrs. Eddy's other writings, gives many ways in which we can govern the negative trends that diverge from scientific, spiritual Truth. Her discovery draws open the drapes of material sense and reveals the pure reality of Spirit. In this reality, present right where the material senses are indicating lack and suffering, there are no drifting, random thoughts, no destructive trends or tendencies. Reality is made up of divine Love and its ideas conforming to Love's purpose. They never slip beyond Love's control. The oneness of Love and its ideas is the supreme truth of being.

The consciousness of this fact makes us dissatisfied with any excesses of fashion, and—more importantly—alert to deny the almost universal beliefs of man's frailty and impermanence. In the measure we admit the unity of Love and its ideas we can halt drifting and dreaming through life and become more purposeful.

Divine Life is solid and permanent and is the only Life of man. As we make this spiritual truth the basis of our thought and operations, new opportunities and satisfactions come to us. And others are benefited. Man is God's uncontained idea and not a finite, self-indulgent mortal; whatever seems private good is, in fact, evidence that infinite man is blessed by infinite Love.

There is no one, anywhere, who can't follow the trends of Truth. And the truth is that there are no other trends or currents but those that have their beginnings in impartial Love. As this fact becomes "fashionable" in a truly significant sense—as it becomes universally sought—the kingdom of God will be seen on earth, seen to replace the world of matter and limitation.

GEOFFREY J. BARRATT

¹ *Unity of Good*, p. 10; ² *ibid.*, p. 11; ³ John 10:30.

At Home Away from Home

"While I was away I found out a lot of things about home and people," said Anna. "I learned that home is everywhere and one finds it when one starts expressing the joy and love one is looking for. Also," she continued, "I discovered that there's something really great in every person one meets. There isn't such a thing as an uninteresting person. It's possible to be everybody's friend."

Anna had been away from home—thousands of miles away—in a school where everything was very different from the one she had known before. People for the most part even spoke a different language, and at first that made her feel pretty lonely and left out of things. But Anna was a Christian Scientist, and before long, as she turned to Christian Science for help, the whole situation changed and she became very happy and found she had lots of

friends. She enjoyed herself all the rest of the time she was away.

The way we feel about places and people depends a great deal on our own way of thinking. Christian Science shows that even if our experience is for a time bleak and comfortless the place where we are that may seem to be a desert can become like "a watered garden," as the Bible puts it. If we recognize that God, divine Love, is everywhere, and we make the effort to rejoice in this fact and to express love all the time, we need not "sorrow any more at all."

The whole of that sentence is in the book of Jeremiah the prophet. He is writing about the people of Israel. These people had been scattered by their enemies and were living away from their homeland. But God promised that their faithfulness to Him would be rewarded. They would be gathered up and cared for as a shepherd looks after his sheep, "and their soul shall be as a watered garden; and they shall not sorrow any more at all."¹

God is always taking care of His children. Wherever we may be, we can remember this. We can know that we are always at home in God's love. His tender qualities are ever present with us, and there is no place for unkindness, loneliness, or lack of any good thing or quality. Mrs. Eddy says, "God is everywhere, and nothing apart from Him is present or has power."²

When we remember that God is with us and we are with Him, we naturally feel very much at home wherever we may humanly be. He is our spiritual Father and Mother, our guide, our comforter, our friend. We are able to see evidence of His loving qualities and feel them within us and around us every moment. Even if we are away from our human homes and families—several thousand miles or only one city block—we are never separated from God's love.

The Apostle Paul was a great traveler, spreading Christ Jesus' teachings. There were months on end when he was away from the place on the map that humanly would be called his home. He endured conditions that were far from homelike—he was sometimes even unjustly put in prison. But he was able to say that he was absolutely sure that nothing could ever "separate us from the love of God."³

Paul met all kinds of people in his travels—men and women of

different countries and languages, worshipers of many different gods. No doubt he was often among people of customs and lifestyles different from his own, but he said, "The same Lord over all is rich unto all that call upon him."⁴

This is just as true for us today. Wherever we are, we can know we are in the presence of God, divine Love. Whoever we meet, we can know these people are really as much God's children as we are ourselves. All are rich in spiritual qualities. All are individual ideas of God, the Father and Mother of the universe. They express God's goodness in an individual way. There are no two the same. Everywhere we may find delightful new friends who can each bring us something great and good that can enrich us as much as we can enrich them.

Few people we meet will immediately have the same thoughts that we have about the universe being God's and everyone in it being His perfect expression. Some may be far from expressing their perfect selfhood as God's ideas. So we need to be wise in our approach to new acquaintances. But, as Anna said, one finds one's home and friends when one starts expressing the joy and love one is looking for.

Be your own true self. Express God's qualities as He has made you to express them. Then you will see others expressing them, too, and you will find yourself with many friends, feeling very much at home, and enjoying every moment.

NAOMI PRICE

¹ Jer. 31:12; ² *Science and Health*, p. 473; ³ Rom. 8:39; ⁴ 10:12.

*Behold, I send an Angel before thee,
to keep thee in the way, and to
bring thee into the place
which I have prepared.*

Exodus 23:20

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To join, talk with any member. A practitioner or branch church clerk can assist you also.

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The First Church of Christ, Scientist

Christian Science Center, Boston, MA, U.S.A. 02115

Testimonies of Christian Science Healing

I had been introduced to Christian Science about two years before I began studying seriously *Science and Health with Key to the Scriptures* by Mary Baker Eddy.

When I applied for a job at a factory, I had to be examined by the company doctor before I could start to work. I was not aware of a fibroid tumor. After getting the report, I became alarmed. It seemed from that moment it began to get larger.

A friend of mine said to me, "Why don't you call a Christian Science practitioner, since you are so interested in Christian Science?" I looked in *The Christian Science Journal*, selected a name, and made an appointment. The practitioner was most kind and said she would give me prayerful treatment.

This condition seemed to be quite stubborn, but as months went by, I began to understand, to be obedient, and to correct my thoughts about myself. I began to dismiss the erroneous belief about myself and to realize I am the spiritual likeness of God, good, and therefore this lie had no control over me. I don't know when the lie disappeared. The change in my appearance was so remarkable that non-Science friends thought I must have been in a hospital, but this was not the case. The tumor had been removed through continued prayer in Christian Science.

I have learned that God is always present to provide the right solution, no matter how serious a problem seems to be or how long it has been around. Divine Love is present to provide the correct healing solution.

The statements made in these testimonies with regard to healings have been carefully verified. The original testimonies and their respective verifications are on file for reference with The Christian Science Publishing Society.—THE EDITORS.

I am so grateful to God for Christ Jesus, the Way-shower, for Mrs. Eddy, the author of *Science and Health*, and for the practitioners in this movement.

(Mrs.) CAMILLA S. CASTINS
Chicago, Illinois



Christian Science was brought to my attention after I saw my husband regain his health. He had learned of Christian Science when he went to live with a family of Christian Scientists after his discharge from the Army. Army doctors had given him one year to live, but he was here for forty-three years following that. We raised four children, and he lived to see them all married and to enjoy his grandchildren.

He had *Science and Health* by Mrs. Eddy when we married. When I was carrying my first child, I began reading it and have continued studying this precious book for many years.

Many healings have been accomplished in our family—through faith and later with increasing understanding as I earnestly worked with the Bible and with *Science and Health* to know more of God's goodness and help. So-called children's diseases, including chicken pox, earache, constipation, and scarlet fever were quickly healed; and many others were avoided.

I was healed of a badly sprained ankle while visiting a relative, who wanted me to go to a doctor. Instead, I called a Christian Science practitioner, who prayed for me. I had to wear a slipper at first, but I was able to do all that was planned for me without material aid of any kind. A statement of Mrs. Eddy's was a great help (*Science and Health*, p. 542): "The belief of life in matter sins at every step."

Another healing occurred when I was unable to raise my arms or use my hands. I had help from practitioners at different times, but I knew it was up to me to see the man of God's creating and correct my own material thought and actions. I had a complete healing. An instantaneous healing of a sty on my eye came when I opened *Science and Health* and read this judgment by Judge Justice from the allegory of the trial (p. 441): "Our law refuses

to recognize Man as sick or dying, but holds him to be forever in the image and likeness of his Maker." I went out with friends that afternoon; no evidence was seen, and there was a complete healing.

Mrs. Eddy says (*ibid.*, p. 419), "Meet every adverse circumstance as its master." This statement has helped me to overcome grief when loved ones passed on.

I thank and praise God for His goodness and am humbly grateful for Christ Jesus, who showed us the way, and for Mrs. Eddy, who gave this truth in written form, so that we may open any of her writings and find help and peace of mind.

Take from us now the strain and stress,
And let our ordered lives confess
The beauty of Thy peace.

(*Christian Science Hymnal*, No. 49)

(Mrs.) BURNEY H. GUNN
Laguna Hills, California



I would like to express my gratitude for Christ Jesus, the Way-shower, for Christian Science, and for Mrs. Eddy. My first experience in this healing Science was one for which I will always be grateful, thanks to the compassionate interest shown me by very kind Christian Scientists.

I had suffered what was diagnosed as a compression fracture of the spine when I was thrown to the ground from some height while a friend and I were cutting down tall coconut palms. As a result, I was wearing a back brace that went from the pelvis to the chest. I had been told I would have to wear it for at least two months. At the time, the physical problems seemed small compared to the mental hurt and broken heart I had been carrying around for many years.

Two weeks after I left the hospital I saw a friend who told me of Christian Science and how it had helped many people in distress and need. I listened intently. She gave me a *Sentinel*, which I read, enjoyed, and kept. A few days later she gave me a list of Christian Science practitioners. I selected one and called for an appointment. Upon entering the practitioner's home, I felt a warm sense of peace

and comfort I had never known before. This person spent several hours telling me of Christian Science and its Discoverer and Founder, Mrs. Eddy. As I listened, I was calm and relieved. When I left I could feel myself smiling all over.

A copy of *Science and Health* by Mrs. Eddy was given to me. It was my constant companion. I read it whenever I had an opportunity or needed comforting. Up to this time in my life I had not been much of a reader except for the newspaper. The book *Science and Health* was so compelling to me. I felt the ideas it expressed to be wholly true. Though I didn't understand many of them at the time, I felt God's healing presence in the message.

I soon started reading as I had never read before, thoroughly enjoying it all. My health improved, my outlook on things was not so gloomy, and the clouds of hurt and self-pity were beginning to melt away, letting in the light of Love. I received a glimpse of what Mrs. Eddy means when she says (*ibid.*, p. 449), "A grain of Christian Science does wonders for mortals, so omnipotent is Truth, but more of Christian Science must be gained in order to continue in well doing."

I started attending Wednesday evening testimony meetings and Sunday services in a branch Church of Christ, Scientist. The members were genuinely kind and friendly. I felt really grateful for once in my life. I remember reading on page 406 in *Science and Health* what Mrs. Eddy says about depraved appetite. At this time I was so grateful and assured of divine Love's presence that I stopped smoking, drinking alcohol, taking medicine, drinking tea and coffee, and using foul language. I felt that I had not lost or given up anything. A short while later, recognizing God as my Physician and that I could trust Him, I threw the back brace away and felt secure. I had read in the Bible (Ps. 91:2), "I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust." At this time I was blessed with another healing of a chronic disease that had kept me under frequent medical care for four years.

Soon after these wonderful healings, I took on one of the roughest jobs I had ever had, one which required me to work outdoors running a big machine and lifting heavy stones daily. I rejoiced as I read in *Science and Health* (p. 183), "Obedience to Truth gives man power and strength."

All of these healings took place within approximately one month after my introduction to Christian Science. The job I began two months later.

For these healings and the wisdom and guidance brought to humanity by our Teacher, Christ Jesus, and for Mrs. Eddy, the author of *Science and Health*, the book that explains the Master's example, I am most grateful.

GARY MORSE WALKER
Boston, Massachusetts



Words cannot express my gratitude for having been brought into the study of Christian Science; it has blessed my life immeasurably and has fulfilled a lifelong desire to understand how Christ Jesus did his healing work. Right from early youth I wondered why we could not heal as he did.

For many years I suffered severely from migraine headaches. These were completely healed through daily study of the Bible Lessons in the *Christian Science Quarterly*. Through Christian Science I have been healed of burns, scalds, and the bite of a funnel-web spider, which at first occasioned severe pain. I declared man to be a spiritual idea, and the pain stopped instantly with no further effect. In Mark's Gospel it is recorded (16:17, 18): "These signs shall follow them that believe; In my name shall they cast out devils; they shall speak with new tongues; they shall take up serpents; and if they drink any deadly thing, it shall not hurt them; they shall lay hands on the sick, and they shall recover." How true!

In *Science and Health* Mrs. Eddy writes (p. 323): "The effects of Christian Science are not so much seen as felt. It is the 'still, small voice' of Truth uttering itself. We are either turning away from this utterance, or we are listening to it and going up higher." I have always found that God's "'still, small voice'" is ever present to protect, guard, guide, and to teach us what we need to know.

At one time I was working on a dairy farm. All the workers there had a snakebite outfit on their belts, so I also got one; but immediately I knew that I had a higher law of protection. Then

the test came. I went looking for a cow that was missing. It seemed to me that I was treading on a fallen branch of a tree; then came two big bumps on the calf of my leg, followed by a third bump with something like needles going into my leg. I looked down and found I was treading on a four-foot, red-belly black snake. My first thought was to use the snakebite outfit, but the still, small voice said, "Don't touch it." Turning to God I said, "Father, are they really poisonous?" The answer came, "It is only what you think." There were no aftereffects. I rejoiced in this experience, which proved God's ever-presence to guide, govern, and protect at all times.

Another time I was doing welding when a lad was testing the engine that worked the crane. The lad got the crane into gear, and it was going round and round. The mechanic told the lad to jump; this I saw would have been fatal. Turning to God I was able to direct the lad not to jump but to turn the engine off. I asked God to tell me what to do, and although I had never seen a mobile crane before, I was directed to successfully get it out of gear and to put the crane back in its right place on top of the cabin. I found, too, that I could work it just as easily as those who had been taught to handle it.

I am very grateful to God for His ever-unerring direction, and for Mrs. Eddy's giving Christian Science to the world. I hope that my testimony will give others more confidence to listen and to obey the still, small voice.

ARTHUR F. WRIGHT
Nundah, Queensland, Australia



One day a few years ago, a severe pain developed in the lower part of my back. I could not walk, sit, or even lie still in comfort.

After a day of trying to heal myself of this suffering, I called a Christian Science practitioner for treatment through prayer. She said she would be happy to pray for me and then told me how much God loved me, because I was His perfect child, His image and likeness, as is recorded in Genesis (1:27), "So God created man in his own image, in the image of God created he him."

The practitioner also referred me to Mrs. Eddy's answer to the question, "What is man?" in *Science and Health*. I especially worked with these lines (p. 475): "Man is not matter; he is not made up of brain, blood, bones, and other material elements. The Scriptures inform us that man is made in the image and likeness of God. Matter is not that likeness." And further in the same paragraph she says, "Man is idea, the image, of Love; he is not physique."

I had the practitioner's prayers for four long days and nights but without any appreciable letup of the discomfort. Each time I called the practitioner (the calls were many) she would reaffirm to me my unity with my Father-Mother God. Among other things she spoke each time of His love for me. On the fourth night I once again called the practitioner for more help. But this time when she was talking to me, I found myself saying silently, "But I know that, I know God loves me, but I'm still in pain." When the conversation was ended and I put down the phone, all of a sudden what she had been saying to me was clearer and more real than ever before. Why, it is true, God really does love me, and I really am His perfect child, a spiritual idea. Not a suffering mortal! I felt I had touched the hem of the robe of Christ-healing. I was healed. I turned around and went back to bed, had a full night's sleep, and never again was bothered by that condition.

I am most grateful for all the healings my family and I have experienced in Christian Science, for all the opportunities I have had to serve the Christian Science movement, and for the Discoverer and Founder of Christian Science, Mrs. Eddy.

ROBERT G. THOMPSON
San Diego, California



Two summers ago I went to a Girl Scout camp up in the mountains of southern California. We were evacuated from the camp due to a big forest fire. From camp we drove down to a vacant restaurant. We stayed there for an hour or two. Many girls were crying and worried because the fire might go into camp and we would lose our stuff.

But then a thought came to me, "Accidents are unknown to

God.” [The full statement reads (*Science and Health* by Mrs. Eddy, p. 424), “Accidents are unknown to God, or immortal Mind, and we must leave the mortal basis of belief and unite with the one Mind, in order to change the notion of chance to the proper sense of God’s unerring direction and thus bring out harmony.”] The fire was an accident, but since accidents are unknown to God, it couldn’t be true. I also knew that God would protect our camp from the fire.

About then the fire started moving across from where we were. The police sent a bus to take us to Palm Springs. We were supposed to stay at a school, but ended up in a police station. I knew God was with me and everyone else, and also protecting camp. When we went back the next Monday, the fire had jumped the road and burned down the vacant restaurant building, but it didn’t even come near the camp.

This summer before I went back to the same camp, I prayed ahead of time and had a good, rewarding time.

I am very grateful for being a Christian Science student. I am also grateful for the Sunday School teachers who have taught me that we can use Christian Science wherever we are and in all our daily activities.

(Miss) JULIE MILES
Fountain Valley, California

I am happy to verify my daughter’s testimony. This was her first experience with a forest fire, and I was grateful she used her knowledge of Christian Science during this experience. I am very grateful for Christian Science.

(Mrs.) PAMELA LUDLAM MILES



One day last winter while walking to the mailbox, down an icy slope to the street below, I fell on my back. The impact was severe. I had to lie still and catch my breath. During this time I declared my unity with God and His allness, as His child. I then arose, picked up the mail, and returned home. Some hours later I began to feel effects from the fall. The upper portion of my back and chest

were in distress. For several days I prayed faithfully, but I did not get better; if anything, things seemed worse. I decided to approach the problem differently.

I began by examining my thought, feelings, and reactions in general. In all honesty I found I really needed a good mental overhauling, a regeneration. The physical condition was compelling me to exercise patience with myself. Too often I had neglected to be patient with myself and in my dealings with family and associates. Now my movements were often slow; sometimes I had to pray before I could move at all. I was learning to be patient, compassionate, and forgiving of others. I sorely needed this discipline and I was grateful for it because it meant being more Godlike.

I recalled that John the Baptist baptized with water, requiring of people this first proof of willingness to part with old beliefs and to be made pure, but that Christ Jesus baptized with the Holy Ghost and fire, indicating a deeper and more permanent reform whereby the dross of materiality is consumed and our sincerity established.

At this point my daughter offered her help, and I gratefully accepted it. After a few days one morning I arose to dress myself as usual and found myself shouting with joy, "Why, I am healed! I have been reborn!" Although the physical condition was not immediately changed, I knew I was healed. Each day I felt as though something within me was unwinding; pain lessened until I was entirely free.

In *Science and Health* Mrs. Eddy assures us (p. 22), "Love is not hasty to deliver us from temptation, for Love means that we shall be tried and purified." This was a testing time for me, as I had always had rather quick and easy healings, but regeneration means conforming one's thought to the Mind that is God. This sometimes takes more time because of our reluctance to give up old thought patterns which we cling to because we are satisfied with them.

For the salvation and regeneration through the spiritual education we receive in the study and practice of Christian Science, for Christ Jesus, our loving Saviour, and for Mrs. Eddy, my gratitude is boundless.

(Mrs.) ELEANOR H. BRENES
Ithaca, New York

Words of Current Interest

Related to the Lesson-Sermon
for March 20, 1977, in the
CHRISTIAN SCIENCE QUARTERLY
Subject: Matter

**Have walked after vanity, and are
become vain (Jer. 2:5)**

The New English Bible renders this, "pursuing empty phantoms and themselves becoming empty."

Hewed them out cisterns (Jer. 2:13)

Tremendous irony is involved in this passage. Among the Israelites, who lived in a semiarid region, water was a precious commodity. How much more desirable was fresh, sweet water from a spring (here, "living waters") than the often murky, stagnant water collected in cisterns from rainfall and land runoff!

**Where are thy gods that thou hast
made thee? (Jer. 2:28)**

At this time, Israel had come under foreign domination and had adopted many of the religious and cultural standards of the Assyrians. About the time when Jeremiah began to prophesy, a

great religious reformation was taking place, supported by the hope of eventual political independence. It was led by Josiah, king of Judah from 640-609 B.C.

**In vain is salvation hoped for from
the hills (Jer. 3:23)**

The hills are the "high places," local shrines where a blending of Hebrew and polytheistic religion had sometimes been practiced in Israel until the abolition of these shrines during the reformation of Josiah.

**The reign of Nebuchadnezzar
(Dan. 2:1)**

The Babylonian king who reigned from 605-562 B.C. and who conquered Jerusalem in 586 B.C. Nebuchadnezzar is the form of the name commonly used by historians.

**A cloud rise out of the west . . .
the south wind (Luke 12:54, 55)**

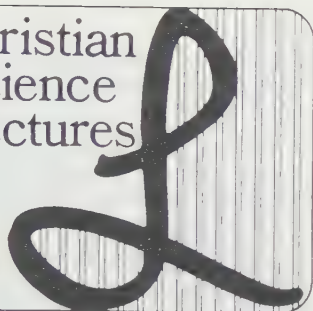
The Mediterranean Sea lay to the west of Judea; westerly storm winds brought showers, while a south wind brought dry heat from the Arabian Desert.

**It shall come to pass (Acts 2:17) . . .
Every valley shall be filled (Luke 3:5)
. . . Behold, the days come
(Heb. 8:8)**

Each New Testament author quotes the Old Testament. The first reference comes from Joel (2:28), the second is from Isaiah (40:4), and the third is from Jeremiah (31:31).

The Lesson-Sermons contain Bible references (King James Version) and correlative passages from "Science and Health with Key to the Scriptures" by Mary Baker Eddy.

Christian Science Lectures



Everyone is cordially invited to these free lectures.

‡ Indicates Children's Room available during lectures. Details should be obtained locally.

ENGLAND

GREATER LONDON—Croydon: Arnhem Gallery, Fairfield Halls, Park Ln., 8 p.m., Mon., Apr. 4. See local notice for title. (Houston)

Orpington: Church, 33 Knoll Rise, 8 p.m., Tues., Apr. 5. "Our Sonship with God" (Girardin)

HAMPSHIRE—Portsmouth: Church, 178 London Rd., 3 p.m., Fri., Apr. 8.‡ "God Is Where You Are" (Girardin)

HERTFORDSHIRE—Watford: Church, Cassiobury Dr., 3 p.m., Sun., Apr. 3.‡ See local notice for title. (Houston)

HUMBERSIDE—Bridlington: The 3 B's, Promenade, 3 p.m., Sun., Apr. 3. "The Answer to Despair" (Holmes)

NOTTINGHAMSHIRE—Nottingham (Second): Church, 196 Mansfield Rd., 7.30 p.m., Tues., Apr. 5. "Finding God's Direction" (Holmes)

SOUTH YORKSHIRE—Doncaster: Museum and Art Gallery, Chequer Rd., 7.30 p.m., Mon., Apr. 4. "Who Runs Your Life?" (Holmes)

SURREY—Farnham: Great Hall, Farnham Maltings, Bridge Sq., 3 p.m., Sun., Apr. 3.‡ "God Is Where You Are" (Girardin)

WEST MIDLANDS—Wolverhampton: Church, 126 Compton Rd., 8 p.m., Thurs., Apr. 7. "The Answer to Despair" (Holmes)

WEST SUSSEX—Littlehampton (First, Rustington): Littlehampton School, Hill Rd., 3 p.m., Sat., Apr. 9.‡ "Who Runs Your Life?" (Holmes)

Worthing (Second): Church, 117 Grand Ave., W., 7.30 p.m., Thurs., Apr. 7.‡ See local notice for title. (Houston)

FEDERAL REPUBLIC OF GERMANY

Baden-Baden: Runder Saal, Kurhaus, 4 p.m., Sat., Apr. 9. In German. "Use Your Spiritual Power" (Henderson)

Konstanz: Festsaal, Steigenberger Insel-Hotel, Insel, 4 p.m., Sun., Apr. 3. In German. "Use Your Spiritual Power" (Henderson)

Villingen/Schwarzwald: Matthäus-Hummel-Saal, Kronengasse, 4 p.m., Fri., Apr. 8. In German. "Use Your Spiritual Power" (Henderson)

SWITZERLAND

Rheineck (Society, St. Margrethen): Hotel Hecht, 7.30 p.m., Mon., Apr. 4. In German. "Use Your Spiritual Power" (Henderson)

Zurich (First): Church, 4 Merkurstr., 8 p.m., Tues., Apr. 5. In German. "Use Your Spiritual Power" (Henderson)

REPUBLIC OF SOUTH AFRICA

CAPE PROVINCE—Kimberley: Kimberley Hotel, 120 DuToitspan Rd., 8 p.m., Tues., May 3. "Spirit Replaces the Myth of Matter" (Gladhorn)

TRANSVAAL—Johannesburg (Third): Rosebank Primary School, 13 Jellicoe Ave., Rosebank, 8 p.m., Fri., May 6. "What Are Our Values?" (Gladhorn)

Pretoria: Methodist Church, Mzangoma St., Atteridgeville, 3.30 p.m., Sat., May 7. "What Are Our Values?" (Gladhorn)

AUSTRALIA

SOUTH AUSTRALIA—Adelaide: Church, Frome St. and North Ter., 8 p.m., Thurs., May 5.‡ "The Divine Adventure" (Wyndham)

SOUTH AUSTRALIA (continued)

Adelaide (Society, Brighton): High School, 305 Brighton Rd., North Brighton, 8 p.m., Fri., May 6.‡ "Do We Think, or Just Think We Think?" (Wyndham)

VICTORIA—Clayton (First, Oakleigh): Robert Blackwood Hall, Monash Univ., Wellington Rd., 8.15 p.m., Fri., Apr. 22.‡ "Do We Think, or Just Think We Think?" (Wyndham)

Melbourne (First): South Melbourne Town Hall, Bank St., 8.15 p.m., Mon., May 2. "What Are Your Dimensions for Living?" (Wyndham)

Shepparton: Alex Rigg Theatre, Civic Ctr., Welsford St., 3.15 p.m., Sun., May 1.‡ "Do We Think, or Just Think We Think?" (Wyndham)

UNITED STATES

(Week of March 20 to 26,
and some earlier dates)

ALABAMA—Birmingham (First): See local notice for place. 8 p.m., Tues., Mar. 22. "The Complete Man and Woman" (Heafer)

Dothan: Church, 708 N. Park Ave., 7.30 p.m., Thurs., Mar. 24. "Protection Where Lions Lurk" (Wood)

Foley: Foley Civic Center, Rte. 98, 4 blocks east of Rte. 59, 3 p.m., Sat., Mar. 26.‡ "Grow We Must" (Wood)

ARIZONA—Green Valley: CRAGV West—Social Center, La Canada Dr., 3 p.m., Sun., Mar. 20.‡ "The Touch of Spirit" (Clarke)

Sun City: Mountain View Auditorium, 9749 N. 107th Ave., 3 p.m., Sun., Mar. 20.‡ "The Power of God" (Rivas)

CALIFORNIA—Bellflower: Church, 9740 Park St., 8 p.m., Fri., Mar. 25.‡ "The Law of Christian Science Healing" (Thorneloe)

El Segundo: High School Cafetorium, 640 Main St., 3 p.m., Sun., Mar. 20. "Your Unlimited Opportunities" (McGrew)

Encino (Thirty-eighth, Los Angeles): Church, 4830 Genesta Ave., 8 p.m., Mon., Mar. 21.‡ "Are You Looking in the Right Direction?" (Rivas)

Fontana: Church, 8587 Palmetto Ave., 4 p.m., Sat., Mar. 26.‡ "The Search for Life" (McGrew)

Fresno (First): Church, 1615 N St., 8 p.m., Fri., Mar. 25.‡ "The Touch of Spirit" (Clarke)

Glendale (First): Church, 500 S. Central Ave., 8 p.m., Thurs., Mar. 24.‡ "The Touch of Spirit" (Clarke)

Laguna Hills: United Methodist Church, 24442 Moulton Pkwy., 8 p.m., Fri., Mar. 25.‡ "Are You Looking in the Right Direction?" (Rivas)

Lompoc: Civic Auditorium, 217 S. L St., 8 p.m., Thurs., Mar. 24. "A New View of Prophecy" (Thorneloe)

Los Angeles (Downtown) (Third): Church, 730 S. Hope St., 2 p.m., Wed., Mar. 23. "Safe in God's Care" (Williams)

Los Angeles (Ninth): Church, 433 S. Normandie Ave., 8 p.m., Fri., Mar. 25.‡ "The Search for Life" (McGrew)

Los Angeles (Westwood Village) (Twenty-eighth): Church, 1018 Hilgard Ave., 8 p.m., Tues., Mar. 22.‡ "A New View of Prophecy" (Thorneloe)

Los Angeles (El Sereno) (Thirty-fifth): Cameo Theatre, 4907 Huntington Dr., N., 10.30 a.m., Sat., Mar. 26. "The Search for Life" (McGrew)

Los Angeles (Westchester) (Fortieth): Church, 7855 Alverstone Ave., 8 p.m., Thurs., Mar. 24.‡ "The Search for Life" (McGrew)

Newport Beach (First): See local notice for place. 8 p.m., Tues., Mar. 22.‡ "The Touch of Spirit" (Clarke)

Orange: Church, 1424 E. Walnut Ave., 2 p.m., Sat., Mar. 26.‡ "A New View of Prophecy" (Thorneloe)

Palmdale: Maryott Elementary School, 38334 N. Tenth St., E., 8 p.m., Thurs., Mar. 24. "Loving to Live" (Curtis)

Palos Verdes Estates: Church, 4010 Palos Verdes Dr., N. and Via Campesina, 8 p.m., Tues., Mar. 22.‡ "The Search for Life" (McGrew)

Pomona (joint lecture): First Church of Christ, Scientist, 1665 N. San Antonio Ave., 7 p.m., Sun., Mar. 20.‡ "Deathless Life" (Curtis)

CALIFORNIA (continued)

Redlands: Glen Wallichs Festival Theatre, University St., Univ. of Redlands, 11 a.m., Sat., Mar. 26.‡ "Deathless Life" (Curtis)

Reseda (Forty-fifth, Los Angeles): Church, 6340 Lindley Ave., 8 p.m., Fri., Mar. 25.‡ "A New Beginning" (Jenks)

Rialto: Presbyterian Church, 1773 N. Riverside Ave., 8 p.m., Fri., Mar. 25.‡ "Safe in God's Care" (Williams)

San Clements: Community House, Del Mar and Seville, 8 p.m., Thurs., Mar. 24.‡ "The Power of God" (Rivas)

San Diego (First): Church, 2442 Second Ave., 8 p.m., Tues., Mar. 22.‡ "Safe in God's Care" (Williams)

San Francisco (Third): Church, 1250 Haight St., 3 p.m., Sat., Mar. 26.‡ "The Touch of Spirit" (Clarke)

Santa Monica: Church, 505 Arizona Ave., 8 p.m., Thurs., Mar. 24.‡ "A New Beginning" (Jenks)

Simi Valley: United Methodist Church, 2394 Erringer Rd., 8 p.m., Tues., Mar. 22.‡ "The Power of God" (Rivas)

Sun Valley (Twenty-second, Los Angeles): Church, 10651 Vinedale St., 8 p.m., Mon., Mar. 21. "Your Unlimited Opportunities" (McGrew)

Temple City: Church, 5561 N. Sultana Ave., 8 p.m., Mon., Mar. 21.‡ "The Law of Christian Science Healing" (Thorneloe)

Torrance: First Christian Church, 2930 El Dorado, 8 p.m., Tues., Mar. 22.‡ "Deathless Life" (Curtis)

Tujunga (Thirty-fourth, Los Angeles): Church, 10210 Commerce Ave., 3 p.m., Sun., Mar. 20.‡ "The Law of Christian Science Healing" (Thorneloe)

West Covina: Church, 1600 E. Merced Ave., 8 p.m., Thurs., Mar. 24.‡ "Let There Be Light" (Williams)

Whittier (Second): Church, 8705 S. Catalina Ave., 8 p.m., Mon., Mar. 21.‡ "Loving to Live" (Curtis)

Yucaipa: Church, 12504 Fourth St. and Ave. E, 3 p.m., Sat., Mar. 26.‡ "Who Is Making Your Decisions?" (Williams)

FLORIDA—Clearwater (First): Church, 210 W. Turner St., 12 m., and 8 p.m., Fri., Mar. 25.‡ "The Complete Man and Woman" (Heafer)

Coral Gables: Church, Andalusia Ave. and Le Jeune Rd., 8 p.m., Sat., Mar. 26.‡ "From Hell to Heaven" (Rogers)

Hollywood (First): Church, 1542 Harrison St., 8 p.m., Fri., Mar. 25.‡ "Become What You Are!" (Rogers)

Jacksonville (Fourth): Civic Auditorium, Little Theatre, 300 W. Water St., 8 p.m., Tues., Mar. 22. "Become What You Are!" (Rogers)

Lake Wales: Womans Club, Park Ave. and Third St., 12 m., Sat., Mar. 26.‡ "What Is Life?" (Heafer)

St. Petersburg (Second): Bayfront Ctr. Auditorium, 400 First St., S., 3 p.m., Sun., Mar. 20. "Individualizing God's Power" (Pickett)

Venice: Church, 600 W. Venice Ave., 8 p.m., Mon., Mar. 21.‡ "Your Right to Be Right" (Pickett)

GEORGIA—Atlanta (First): Church, Peachtree and 15th Sts., 3 p.m., Sun., Mar. 20.‡ "The Spiritual Viewpoint" (Correll)

IDAHO—Caldwell: United Methodist Church, 824 E. Logan, 8.15 p.m., Fri., Mar. 25. "Get Your Life in Balance" (Driver)

ILLINOIS—Barrington: Consolidated High School, 616 W. Main St., 3 p.m., Sun., Mar. 20.‡ "Keeping Pace with God" (Plimmer)

Bensenville: Church, 4N550 Church Rd., 8 p.m., Tues., Mar. 22.‡ "Rise and Shine" (Pike)

Chicago (Twelfth): Lakeview Presbyterian Church, 3600 N. Broadway, 3.30 p.m., Sun., Mar. 20. "What Does It Mean to Be Saved?" (Pike)

Chicago (Twentieth): Church, 6320 N. Sacramento Ave., 3 p.m., Sun., Mar. 20.‡ "The Spiritual Basis of Health" (Ferris)

Chicago (Twenty-third): Church, 75 E. 83d St., 7.30 p.m., Mon., Mar. 21.‡ "Rise and Shine" (Pike)

ILLINOIS (continued)

Clinton: See local notice for place and title. 8 p.m., Thurs., Mar. 24. (Tuttle)

Collinsville: Church, W. Clay St. and Combs Ave., 3 p.m., Sun., Mar. 20. "A Lesson from a Bridge" (Tuttle)

Deerfield: Church, 155 Deerfield Rd., 8 p.m., Mon., Mar. 21.‡ "Christian Science: The Discovery of the Healing Christ" (Plimmer)

Edwardsville: The Well, Cottonwood Rd., 8 p.m., Fri., Mar. 25.‡ "Claim Your Real Inheritance" (Tuttle)

Peru: Church, 703 Grant St., 8 p.m., Sat., Mar. 26.‡ "Christian Science: The Christian's Best Friend" (Plimmer)

INDIANA—Bicknell: Church, 315 Freelandville Ave., 7.30 p.m., Thurs., Mar. 24.‡ "Reality: Matter or Mind?" (Ferris)

IOWA—Shenandoah: Church, Fifth and Elm Sts., 8 p.m., Thurs., Mar. 24. "Why Spiritual Healing?" (McClain)

KANSAS—Winfield: Church, 203 E. 11th Ave., 8 p.m., Tues., Mar. 22. "Christian Science: Its Healing Practice" (Kenyon)

KENTUCKY—Fulton: Church, 211 Carr St., 8 p.m., Fri., Mar. 25.‡ "Reality: Matter or Mind?" (Ferris)

LOUISIANA—Covington: Church, 129 E. 23d Ave., 3 p.m., Sun., Mar. 20.‡ "Accept Only the True" (Heafer)

MARYLAND—Catonsville: Hillcrest Elem. School, 1500 Frederick Rd., 3 p.m., Sun., Mar. 20.‡ "What's Your Greatest Need?" (Alton)

MASSACHUSETTS—Sharon: Junior High, Mountain St., 11 a.m., Sat., Mar. 12.‡ "Responding to the Word of God" (Anwandter)

MICHIGAN—Fenton: Church, 204 E. Rockwell St., 4.30 p.m., Sun., Mar. 20.‡ "What It Takes to Heal" (Spencer)

Midland: Holiday Inn, US-10 Hwy. and Eastman Rd. Exit, 8.15 p.m., Mon., Mar. 21.‡ "What It Takes to Heal" (Spencer)

MISSISSIPPI—Vicksburg: Church, 1507 Monroe St., 8 p.m., Fri., Mar. 25. "Protection Where Lions Lurk" (Wood)

MISSOURI—Brookfield: See local notice for place. 8 p.m., Fri., Mar. 25. "Where in the World Is God?" (McClain)

Jennings (First, Ferguson): Famous-Barr Auditorium, Northland, Lucas Hunt Rd. and Florissant Ave., 3 p.m., Sat., Mar. 26.‡ "Why Spiritual Healing?" (McClain)

St. Louis (Eighth): Church, 6221 Alexander Dr. (Skinker and Wydown), 8 p.m., Tues., Mar. 22.‡ "Claim Your Real Inheritance" (Tuttle)

NEW JERSEY—Haddonfield: Church, 355 Kings Hwy., E., 8 p.m., Tues., Mar. 22.‡ "What's Your Greatest Need?" (Alton)

Montclair: Church, 8 Hillside Ave., 8.30 p.m., Fri., Mar. 25.‡ "Responding to the Word of God" (Anwandter)

Mountain Lakes: Wilson School, 271 Boulevard, 8.15 p.m., Tues., Mar. 22.‡ "Liberation Through Christ" (Anwandter)

North Bergen: Church, 911 82d St., 8.15 p.m., Thurs., Mar. 24. "Liberation Through Christ" (Anwandter)

Trenton: Church, 421 W. State St., 8.15 p.m., Fri., Mar. 25.‡ "What's Your Greatest Need?" (Alton)

Westfield: Church, 422 E. Broad St., 8.30 p.m., Thurs., Mar. 24.‡ "Individualizing God's Power" (Pickett)

Westwood: Church, First and Park Aves., 3 p.m., Sat., Mar. 26.‡ "Liberation Through Christ" (Anwandter)

NEW YORK—Floral Park: Church, 70 Floral Pkwy., 8.30 p.m., Fri., Mar. 25.‡ "You're Someone Worth Knowing" (Pickett)

New York (First): Church, Central Park, W. and 96th St., 3 p.m., Sun., Mar. 20.‡ "From Hell to Heaven" (Rogers)

New York (Fifth): Church, 9 E. 43d St., 5.45 p.m., Mon., Mar. 21.‡ "The Family of Man" (Rogers)

Scarsdale: Church, 46 Fox Meadow Rd., 3 p.m., Sun., Mar. 20.‡ "Responding to the Word of God" (Anwandter)

Staten Island (First): Church, 871 Castleton Ave., 3 p.m., Sat., Mar. 26.‡ "Your Right to Be Right" (Pickett)

CHRISTIAN SCIENCE LECTURES

NORTH CAROLINA—Chapel Hill: Wesley Foundation, 214 Pittsboro St., 8 p.m., Mon., Mar. 21.‡ “The Spiritual Viewpoint” (Correll)

Sanford: Church, Bracken St. and Horner Blvd., 8 p.m., Tues., Mar. 22.‡ “There’s Only One Real Ego” (Correll)

OHIO—Bedford: Church, 297 Center Rd., 3 p.m., Sun., Mar. 20.‡ “Why Spiritual Healing?” (McClain)

OKLAHOMA—Lawton: Lawton Public Library, 110 S. Fourth, 8 p.m., Fri., Mar. 25.‡ “Drift or Direction in Life?” (Kenyon)

Tulsa (Sixth): Sheraton Inn-Skyline, E., 6333 E. Skelly Dr., 8 p.m., Thurs., Mar. 24.‡ “Christian Science: Its Healing Practice” (Kenyon)

OREGON—Portland (Seventh): Church, 9008 N. Smith St., 3 p.m., Sat., Mar. 26.‡ “Ageless Youth” (Driver)

TENNESSEE—Johnson City: Power Board Bldg., 100 N. Roan St., 8 p.m., Mon., Mar. 21. “Protection Where Lions Lurk” (Wood)

Memphis (Second): Church, 3535 Central Ave., 11 a.m., Sat., Mar. 26.‡ “Ethics for Today” (Ferris)

TEXAS—Dallas (Second): Church, 1755 W. Colorado Blvd. and Plymouth, 3 p.m., Sat., Mar. 26.‡ “Christian Science: Its Healing Practice” (Kenyon)

Dallas (Fourth): McFarlin Auditorium, Southern Methodist Univ., 3 p.m., Sun., Mar. 20.‡ “A New Beginning” (Jenks)

VIRGINIA—Lynchburg: Church, 2901 Rivermont Ave., 8 p.m., Fri., Mar. 25.‡ “The Spiritual Viewpoint” (Correll)

Richmond (Second): Upper School Auditorium, Collegiate School, N. Mooreland Rd., 11 a.m., Sat., Mar. 26.‡ “The Spiritual Viewpoint” (Correll)

Roanoke: North Cross School, 4254 Colonial Ave., S.W., 8 p.m., Thurs., Mar. 24.‡ “There’s Only One Real Ego” (Correll)

WASHINGTON—Seattle (Thirteenth): Jane Addams High School, 11051 34th N.E., 8 p.m., Thurs., Mar. 10.‡ “Deathless Life” (Curtis)

WISCONSIN—Milwaukee (Fourth): Church, 2519 E. Kenwood Blvd., 8 p.m., Fri., Mar. 25.‡ “Keeping Pace with God” (Plimmer)

Racine: Church, 402 Ninth St., 8 p.m., Thurs., Mar. 24.‡ “Christian Science: The Discovery of the Healing Christ” (Plimmer)

[These lectures are given by members of the Board of Lectureship of The Mother Church, The First Church of Christ, Scientist, in Boston, Massachusetts, U.S.A.]

CONTRIBUTIONS

Contributions are most gratefully accepted by The Mother Church Treasurer from members and friends for the following funds:

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Please make all checks payable to MARC ENGELER, Treasurer, The First Church of Christ, Scientist, Christian Science Center, Boston, MA, U.S.A. 02115.

Letters to the Press

From Christian Science
Committees on Publication

Cape Times

Cape Town, Republic of South Africa

While appreciating [the writer's] humour in his "PS" column "Doing without doctors," (*Cape Times*, August 6), I feel it is only fair to the Christian Science religion to clarify the implied meaning of his term "right thinking."

This does not mean merely optimistic thinking in the face of

some painful malady, but it is the deeply humble turning to [our] Heavenly Father. This conscious communion with God, coupled with a fervent desire to overcome one's sins, is our understanding of the term "right thinking."

It is pertinent to note here that the Discoverer and Founder of Christian Science, Mary Baker Eddy, says in her writings:

"Healing physical sickness is the smallest part of Christian Science. . . . The emphatic purpose of Christian Science is the healing of sin; and this task, sometimes, may be harder than the cure of disease; because, while mortals love to sin, they do not love to be sick" (*Rudimental Divine Science*, p. 2).

WILLIAM S. STAY
Committee on Publication

YOU CAN HELP

When you renew your subscription for one or more of the periodicals, please return your renewal notice with your payment. When possible, return payment in the preaddressed envelope provided for that purpose. If you do not have your renewal notice and the preaddressed envelope, please send a brief note giving your name, address, and the names of periodicals you are renewing to: Circulation Service Department, The Christian Science Publishing Society, One Norway Street, Boston, MA, U.S.A. 02115.

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CHURCH SERVICES AND READING ROOMS

A directory of all Churches of Christ, Scientist, and Christian Science Societies, including the hours of their services and information about their Reading Rooms, appears monthly in *The Christian Science Journal*.

The Mother Church

The Mother Church, The First Church of Christ, Scientist, in Boston, Massachusetts, is located near the corner of Massachusetts and Huntington Avenues.

The Church edifice is open to visitors Mondays through Fridays from 10 a.m. until 4:30 p.m., and Saturdays and Sundays from 12 noon until 4:30 p.m.

SERVICES

Sunday morning at 10:45, Sunday evening at 7:30 (evening service omitted during July and August), and Wednesday evening testimony meeting at 7:30.

Sunday services in Spanish are held in the Original Edifice at 9:30 a.m., and a testimony meeting in Spanish the first Wednesday of each month at 6 p.m.

A supervised Children's Room is provided during all Sunday church services and the Wednesday evening testimony meetings.

Sunday School for pupils up to the age of twenty at 10:45.

READING ROOMS

101 Belvidere Street (north end of Church Colonnade, Christian Science Center). Open Mondays through Fridays from 7:15 a.m. to 7 p.m., also Wednesdays from 8:30 p.m. to 9:30 p.m., Saturdays and holidays from 10 a.m. to 5 p.m., Sundays from 12 noon to 7 p.m.

194 Massachusetts Avenue (corner of Clearway Street). Open Mondays through Fridays 7:15 a.m. to 9 p.m., Wednesdays until 7 p.m., Saturdays from 8 a.m. to 5 p.m. Closed Sundays and holidays.

541 Boylston Street (across from Copley Square). Open Mondays, Tuesdays, Thursdays, and Fridays from 8 a.m. to 7 p.m., Wednesdays from 8 a.m. to 6 p.m., Saturdays and holidays from 10 a.m. to 5 p.m. (closed Thanksgiving, Christmas, and New Year's Day), Sundays from 1 to 5 p.m.

8 Milk Street (near Washington Street). *Jointly maintained with branch churches in the Greater Boston area.* Open Mondays through Fridays from 8 a.m. to 4:15 p.m., Saturdays from 9 a.m. to 4 p.m. Closed Sundays and holidays.

A CONTINUING INVITATION

Members of The Mother Church are invited to write articles and poems for the periodicals. Convincing testimonies of healing are also welcomed from members, as well as from those who have not yet joined The Mother Church.

Specific guidelines may be obtained by writing The Christian Science Publishing Society, Journal, Sentinel, and Herald Editorial Department, One Norway Street, Boston, MA, U.S.A. 02115. Manuscripts should be sent to the same address.

All contributions accepted for publication become the sole property of The Christian Science Publishing Society.

VISITORS WELCOME

FORMER HOMES OF MARY BAKER EDDY

1908–1910 *Chestnut Hill, Massachusetts*—400 Beacon Street. An exhibit traces Mrs. Eddy's role as Founder and Leader of our movement—preaching, teaching, writing, and commenting on issues still current.

Visiting Hours

May 1–October 31: 10 to 5 weekdays (including Saturdays);
2 to 5 Sundays

November 1–April 30: 10 to 4 Saturdays only; 2 to 5 Sundays

Closed all holidays except Memorial Day (last Monday in May) and
Bunker Hill Day (June 17)

1875–1882 *Lynn, Massachusetts*—12 Broad Street, where Mrs. Eddy completed her manuscript for *Science and Health with Key to the Scriptures*. It was while living here that Mrs. Eddy initiated many foundational steps in establishing the Christian Science movement. These include the formation of the Christian Scientist Association; the Church of Christ, Scientist; the Massachusetts Metaphysical College. Here also Mrs. Eddy was ordained as Pastor of her Church.

Visiting Hours

May 1–October 31: 10 to 5 weekdays (including Saturdays);
2 to 5 Sundays

November 1–April 30: 10 to 4 Saturdays only; 2 to 5 Sundays

Closed all holidays except Memorial Day (last Monday in May)
and Bunker Hill Day (June 17)

CHRISTIAN SCIENCE PRACTITIONERS

Public practitioners of Christian Science are available and ready to assist you by prayer, if you need their help. A worldwide list of those who are professionally engaged full time in this healing work can be found in *The Christian Science Journal*. This periodical is obtainable at any Christian Science Reading Room. For a Reading Room in your locality see telephone directory.

NOTICE TO CORRESPONDENTS

Officers of branch churches and individuals who have occasion to correspond with The Christian Science Board of Directors, with the Clerk and the Treasurer of The Mother Church, and with the heads of departments of The Mother Church Offices are requested to *place their complete addresses on their letters and to write their signatures plainly*. Women are requested to use the title "Miss" or "Mrs.," as the fact may be, and to use their given names. Your cooperation will be appreciated. General mail address for The Mother Church and its administrative offices is: The First Church of Christ, Scientist, Christian Science Center, Boston, MA, U.S.A. 02115. Telephone: 262-2300 (area code 617). Cable: Church, Boston.

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Write to either of the following:

The First Church of Christ, Scientist
Nurses Training, C13
Christian Science Center
Boston, MA, U.S.A. 02115

Department of Care
Committee for Europe
108 Palace Gardens Terrace
LONDON, ENGLAND W8 4RT

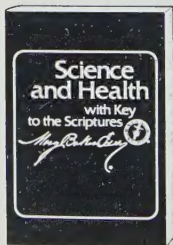
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